

### **FST 307 Principles of Human Nutrition and Dietetics (3 Units)**

Nutritional situation in Nigeria. Protein calories malnutrition. Metabolism of carbohydrates, protein, lipids, basal metabolism. Important mineral and vitamin deficiencies, their etiology and control. Ant nutritional factors in food. Food balance sheets, food composition tables and recommended dietary allowance. Principles of Food Toxicology, Acute Toxicity and Evaluation of LD50. Common Toxicants in foods and methods of detoxifications.

**Practical:** Isolation of glycogen from rat liver. Enzymatic hydrolysis of glycogen. Acid hydrolysis of glycogen. Characterization of glycogen. Measurement of food intake. Determination of energy values of foods (bomb calorimeter). Estimation of daily energy (calories) needs. Estimation of daily needs for other nutrients (proteins, some vitamins and some minerals).